

## **ABSTRACT**

A method for forming boards of foamable materials, includes preparing two plastic materials and disposing or extruding and mating a foamable material between the plastic materials, to form a  
5 board having two outer layers formed by the plastic materials, and an intermediate layer formed by the foamable material. An air or a foamable agent may be injected or combined into the foamable material before conducting the extruding process, in order to foam or expand the foamable material, and to decrease the density and the  
10 weight of the foamable material and the boards. The air may be selectable from carbon dioxide, propane, or butane, or other air.